1100 Watts
Model: JES1033

Microwave Oven
Owner's Manual

Important Safety Information 2
Precautions to Avoid Possible Exposure to Excessive Microwave Energy 2
Special Notes About Microwaving 6

Operating Instructions 11
Features of Your Microwave 11
The Controls on Your Microwave 12
Time Cooking 15
Automatic Cooking 18
Other Features 22

Helpful Information 25
Care and Cleaning 26

If Something Goes Wrong 28
Before You Call For Service 28
GE Service Numbers 30
Warranty Back Cover

GE Answer Center®
800.626.2000

GE Appliances

IMPORTANT SAFETY INFORMATION

READ ALL SAFETY INFORMATION BEFORE USING

FOR YOUR SAFETY

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

Do Not Attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

1. door (bent)
2. hinges and latches (broken or loosened)
3. door seals and sealing surfaces.

The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

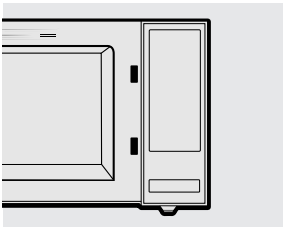
Welcome

Welcome to the GE family. We're proud of our quality products and we believe in dependable service.

You'll see it in this easy-to-use manual and you'll hear it in the friendly voices of our consumer service department.

Best of all, you'll experience these values each time you use your microwave. That's important, because your new microwave will be part of your family for a long time.

Start Here!...Before using your Microwave



Write down the model and serial numbers here. They are on a label inside the oven.

_____
Model number

_____
Serial number

_____
Date of purchase

Staple your receipt to the inside back cover of this manual. You will need it to obtain service under warranty.

Need Help?

Help us help you

800.626.2000

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.
It contains instructions to help you use and maintain your microwave properly.

If you received a damaged oven...immediately contact the dealer (or builder) that sold you the oven.

Save time and money.
Check the section titled "If Something Goes Wrong" before calling. This section helps you solve common problems that might occur.

If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this book. Or call the GE Answer Center® at 800.626.2000, 24 hours a day, 7 days a week.

IMPORTANT SAFETY INFORMATION

READ ALL SAFETY INFORMATION BEFORE USING

⚠ WARNING

To reduce the risk of fire, burns, electric shock, injury to persons, or exposure to excessive microwave energy when using your appliance, follow basic precautions, including the following sections.

SAFETY PRECAUTIONS

This microwave oven is not approved or tested for marine use.

- Read and follow the specific "Precautions to Avoid Possible Exposure to Excessive Microwave Energy" on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 9.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the oven is in operation.
- Do not operate any heating or cooking appliance beneath this microwave oven.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.

- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- To reduce the risk of fire in the oven cavity:

— Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven while cooking.

— Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.

— Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.

— If materials inside oven should ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.

- See door surface cleaning instructions in the Care and Cleaning section(s) of this guide.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

ARCING

If you see arcing, press the STOP/CLEAR pad and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer "skin" such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.

SAFETY FACT

SUPERHEATED WATER

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all.

Superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F. and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.

SPECIAL NOTES ABOUT MICROWAVING

MICROWAVE-SAFE COOKWARE

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."

How to test for a microwave-safe dish.

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving. If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- "Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

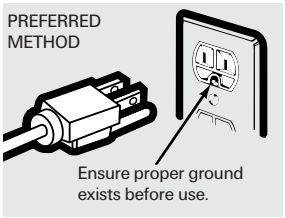
- Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 3/4″ high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1 inch away from the sides of the oven.
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to over-cooking, the food and cookware could ignite.

Follow these guidelines:

1. Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
2. Do not microwave empty containers.
3. Do not permit children to use plastic cookware without complete supervision.

GROUNDING INSTRUCTIONS

GROUNDING INSTRUCTIONS



⚠ WARNING

Improper use of the grounding plug can result in a risk of electric shock.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

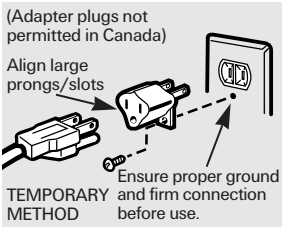
If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

GROUNDING INSTRUCTIONS

ADAPTER PLUGS


(Adapter plugs not permitted in Canada)
Align large prongs/slots
TEMPORARY METHOD
Ensure proper ground and firm connection before use.

Usage situations where appliance's power cord will be disconnected infrequently.

Because of potential safety hazards under certain conditions, **we strongly recommend against the use of an adapter plug.** However, if you still elect to use an adapter, where local codes permit, a TEMPORARY CONNECTION may be made to a properly grounded two-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.

The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

CAUTION: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.

You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, DO NOT USE the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.

EXTENSION CORDS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if you are careful in using them.

If an extension cord is used—

1. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;
2. The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;
3. The extension cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

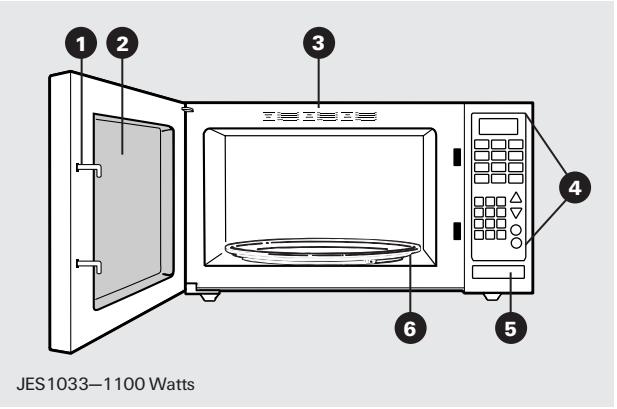
If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

Operating Instructions

Features of Your Microwave

(Throughout this manual, features and appearance may vary from your model.)

Features



JES1033—1100 Watts

1 ***Door Latches.***

2 ***Window with Metal Shield.*** Screen allows cooking to be viewed while keeping microwaves confined in the oven.

3 ***Convenience Guide.***

4 ***Touch Control Panel Display.***

5 ***Door Latch Release.*** Press latch release to open door.

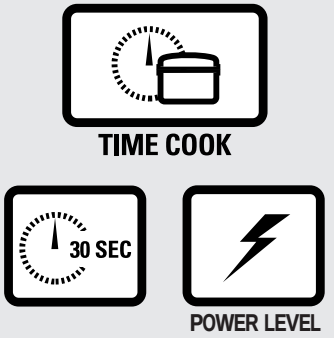
6 ***Removable Turntable.*** Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

The Controls on Your Microwave Oven

(Throughout this manual, features and appearance may vary from your model.)

You can microwave by time or with the convenience features.



1 *Time Features*

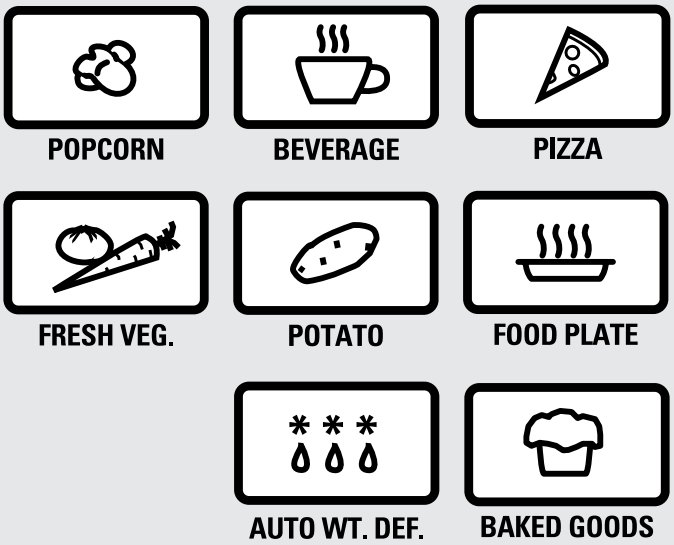
Press	*Enter*
TIME COOK (Press once, twice, or three times)	Amount of cooking time.
30 SEC.	Starts automatically!
POWER LEVEL	Power level 1–9 (automatically set at Hi).

GUIDE ON MICROWAVE

Before you begin, check the guide located on the inside front of the oven when you open the door.

GUIDES IN BOOK

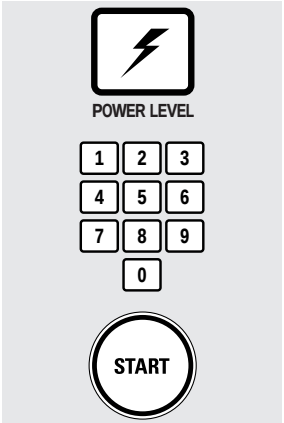
- **Cooking**



2 *Convenience Features*

Press	*Enter*	*Option*
POPCORN	3.5 oz., 3.0 oz., or 1.75 oz. package.	more/less time
BEVERAGE	1 cup (8 oz.) or 2 cups (16 oz.) beverage	more/less time
PIZZA	1–3 slices	more/less time
FRESH VEG.	1–4 cups	more/less time
POTATO	1–4 servings	more/less time
FOOD PLATE	1 or 2 servings	more/less time
AUTO WT. DEF.	Food type, food weight	
BAKED GOODS	1–4 servings	more/less time

Changing Power Levels



How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for TIME COOK.

1. **Press TIME COOK.**
2. **Enter cooking time.**
3. **Press POWER LEVEL.**
4. **Select desired power level 1–9.**
5. **Press START.**

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Power level Hi or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time.

A high setting will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on power level Hi. A lower setting will cook more evenly and need less stirring or rotating of the food.

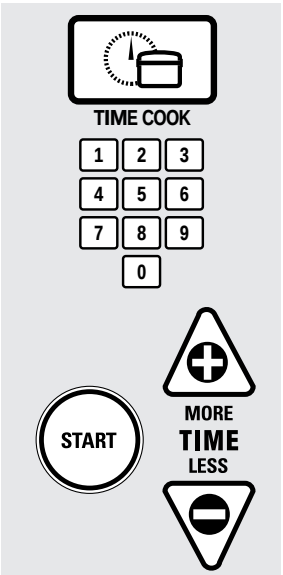
Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to "equalize" or transfer heat to the inside of the food. An example of this is shown with power level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

Power Level	Best Uses
Hi	Fish, bacon, vegetables, boiling liquids.
Med-High 7	Gentle cooking of meat and poultry; baking casseroles and reheating.
Medium 5	Slow cooking and tenderizing such as stews and less tender cuts of meat.
Low 2 or 3	Defrosting without cooking; simmering; delicate sauces.
Warm 1	Keeping food warm without overcooking; softening butter.

Time Cook



Time Cook allows you to program up to three different cooking stages. In addition, you can also set one Auto Weight Defrost stage for a total of four stages. See the Auto Weight Defrost section for instructions on how to set Auto Weight Defrost.

1 Press TIME COOK.

2 Enter cooking time.

3 Change power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1–9.)

4 Press START.

Time Cook I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power level Hi is automatically set, but you may change it for more flexibility.

You may open the door during Time Cook to check the food. Close the door and press START to resume cooking.

Time Cook II & III

Lets you change power levels automatically during cooking. Here's how to do it:

1 Press TIME COOK.

2 Enter the first cook time.

3 Change the power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1–9.)

4 Press TIME COOK again.

5 Enter the second cook time.

6 Change the power level if you don't want full power. (Press POWER LEVEL. Select a power level 1–9.)

7 Press START, or, to set a third cooking stage, repeat steps 4–6 and press START.

Time Cook I will count down first, followed by Time Cook II, then Time Cook III. If an Auto Weight Defrost stage was set, it will count down before the Time Cook stages.

To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Cooking Guide for Time Cook

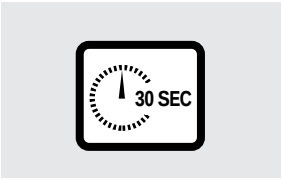
NOTE: Use power level Hi unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus			
(fresh spears)	1 lb.	5 to 8 min., Med-High (7)	In 1½-qt. casserole, place 1/4 cup water.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
Beans			
(fresh green)	1 lb. cut in half	10 to 15 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets			
(fresh, whole)	1 bunch	16 to 22 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli			
(fresh cut)	1 bunch (1¼ to 1½ lbs.)	5 to 9 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	7 to 11 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen, chopped)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage			
(fresh)	1 medium head (about 2 lbs.)	6 to 10 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		5 to 9 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots			
(fresh, sliced)	1 lb.	4 to 8 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower			
(flowerets)	1 medium head	7 to 11 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	7 to 15 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.

Vegetable	Amount	Time	Comments
Corn			
(frozen kernel)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob			
(fresh)	1 to 5 ears	1¼ to 4 min. per ear	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	3 to 6 min. 2 to 3 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables			
(frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas			
(fresh, shelled)	2 lbs. unshelled	7 to 10 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes			
(fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	2 to 4 min.	Pierce with cooking fork. Place in the oven, 1 inch apart, in circular arrangement. Let stand 5 minutes.
Spinach			
(fresh)	10 to 16 oz.	3 to 6 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	3 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash			
(fresh, summer and yellow)	1 lb. sliced	3 to 5 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	5 to 9 min.	Cut in half and remove fibrous membranes. In 2-qt. glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

Time Features

30 Seconds



The 30 Second feature is a quick way to set 30 seconds of cooking time. Each touch will add 30 seconds up to 3 minutes; after 3 minutes every touch will add 1 minute. This feature does not work with other time cook functions.

Convenience Features

Popcorn

Use only with prepackaged microwave popcorn weighing 1.75 to 3.5 ounces.

How to Use the Popcorn Feature

1. Follow package instructions. Place the package of popcorn in the center of the microwave.
2. Press POPCORN once for a 3.5 ounce package of popcorn, twice for a 3.0 ounce package, or three times for a 1.75 ounce package. The oven starts automatically.

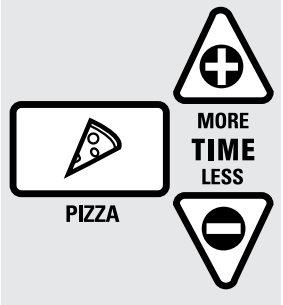
To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Pizza



The Pizza feature is for reheating 1 to 3 slices of pizza.

Press PIZZA once for one slice of pizza, twice for two slices, or three times for three slices.

To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Beverage

The Beverage feature works best for heating a beverage that is at room temperature.

Press BEVERAGE once for 1 cup (8 oz.), or twice for 2 cups (16 oz.). The oven starts automatically.

Beverages heated with the Beverage feature may be very hot. Remove the container with care.

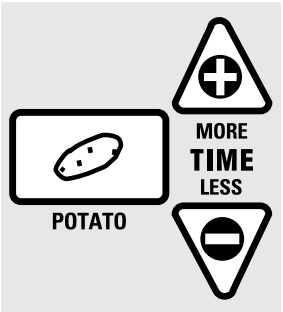
To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Potato



The Potato feature cooks up to four 8–10 ounce potatoes.

Press POTATO. The serving size is automatically set at 1, but can be changed by pressing POTATO a second time for 2 potatoes, a third time for 3 potatoes, or a fourth time for 4 potatoes. The oven starts automatically.

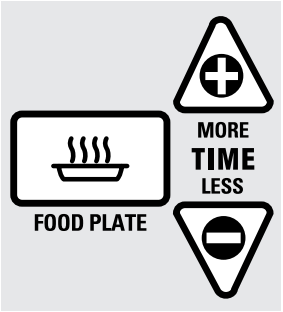
To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Food Plate



The Food Plate feature reheats a plate of previously cooked food.

Press FOOD PLATE once to reheat one 8 ounce serving, or twice to reheat two 8 ounce servings. The oven starts automatically.

Be sure to cover the plate with plastic wrap.

To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Convenience Features

Fresh Vegetable

Use the Fresh Vegetable feature to cook up to 4 cups of fresh vegetables.

Press FRESH VEG. once to cook 1 cup of vegetables, twice to cook 2 cups, three times to cook 3 cups, or four times to cook 4 cups. The oven starts automatically.

To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Baked Goods

The Baked Goods feature reheats up to four 2 ounce servings of baked goods.

Press BAKED GOODS once for one serving of baked goods, twice for two servings, three times for three servings, or four times for four servings.

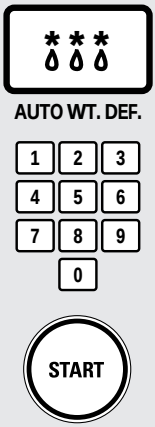
To add time during time countdown:

Pressing MORE TIME will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Auto Weight Defrost



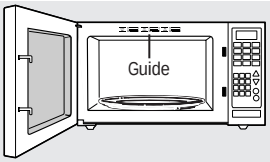
1 ***Press AUTO WT. DEF. 1–3 times to select the desired defrosting category (see Auto Weight Defrost Guide at right).***

2 ***Using the Conversion Guide at right, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces). (To change weight measurement to kilograms, see the Options section.)***

3 ***Press START.***

Auto Weight Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

There is a handy guide located on the inside front of the oven.



Auto Weight Defrost Guide

Auto Weight Defrost will defrost 0.1 lbs to 6.0 lbs (0.1 kg to 3.0 kg) of meat, poultry, or fish.

1 Meat:
Beef—ground beef, steaks, stew meat, roasts
Lamb—chops, roasts
Pork—chops, hotdogs, ribs, roasts, sausages
Veal—cutlets

2 Poultry:
Poultry—whole (under 4 lbs), boneless cut-up breasts
Cornish hens—whole
Turkey—breast (under 6 lbs)

3 Fish:
Fish—fillets, steaks, whole
Shellfish—crabmeat, lobster tails, shrimp, scallops

Conversion Guide

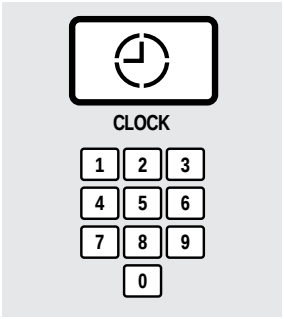
If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	*Enter Food Weight (tenths of a pound)*
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6
11	.7
12–13	.8
14–15	.9

- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals. At each signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. This 5 minute stand time is set automatically.

Other Features

Clock



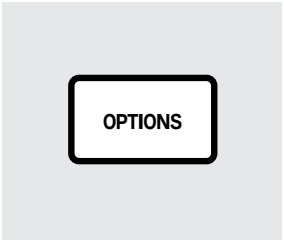
Press CLOCK to enter the time of day.

1 Press CLOCK.

2 Enter time of day.

3 Press CLOCK.

Options



This pad performs three functions:

- It turns the oven beeper off.
- It changes the Convenience features from automatic start to manual start.
- It changes the food weight measurement for Auto Weight Defrost from pounds to kilograms.

To turn the oven beeper off:

1 Press OPTIONS.

2 Press 1.

3 Press START.

To turn beeper back on, repeat steps 1–3.

To turn off automatic start:

1 Press OPTIONS.

2 Press 2.

3 Press START.

It will now be necessary to press START to activate the Convenience features. To turn automatic start back on, repeat steps 1–3.

To change weight measurement to kilograms:

1 Press OPTIONS.

2 Press 3.

3 Press START.

To change weight measurement back to pounds, repeat steps 1–3.

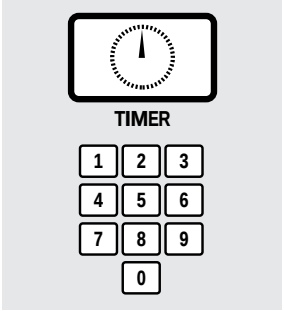
More Time/Less Time

These pads will work with Time Cook or the Convenience cooking features (except Auto Weight Defrost).

Pressing MORE TIME will add 10 seconds to the cooking time each time you press it. Pressing LESS TIME will subtract 10 seconds of cooking time each time you press it.

Press the MORE TIME or LESS TIME pad during time countdown.

Timer



The Timer operates as a minute timer.

1 Press TIMER.

2 Enter amount of time you want to count down.

3 Press START. When the time is up, the timer will signal.

The Timer feature operates without microwave energy.

Other Features

Stop/Clear

Press once to pause cooking (all settings will be saved).

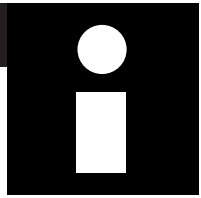
Press START to continue cooking.

Press twice to stop and erase your cooking settings.

Child Lock-Out

You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold STOP/CLEAR for about three seconds. When the control panel is locked, LOCK appears in the display.



Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: • metal or foil touching the side of the oven. • foil that is not molded to food (upturned edges act like antennas). • metal such as twist-ties, poultry pins, gold-rimmed dishes. • recycled paper towels containing small metal pieces.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and Cleaning

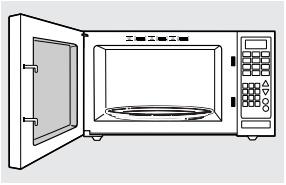
Helpful Hints

Open the oven door a few minutes after cooking to air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

UNPLUG THE CORD BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door



Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls. **Never use a commercial oven cleaner on any part of your microwave.**

Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

How to Clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

Control Panel and Door

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

Door Surface

It's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Power Cord

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

If Something Goes Wrong

Before You Call For Service

Problem	Possible Cause	What to Do
Oven will not start	**A fuse in your home may be blown or the circuit breaker tripped.**	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
Control panel lighted, yet oven will not start	**Door not securely closed.**	• Open the door and close securely.
	START not pressed after entering cooking selection.	• Press START.
	Another selection entered already in oven and STOP/CLEAR not pressed to cancel it.	• Press STOP/CLEAR twice.
	Cooking time not entered after pressing TIME COOK.	• Make sure you have entered cooking time after pressing TIME COOK.
	STOP/CLEAR was pressed accidentally.	• Reset cooking program and press START.
	Defrosting category or food weight not entered after pressing AUTO WT. DEF.	• Make sure you have entered a defrosting category and food weight after pressing AUTO WT. DEF.

Things That Are Normal

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

GE Service Numbers

We'll Be There!

GE Answer Center®

800.626.2000

Open 24 hours a day, 7 days a week.

In-Home Repair Service

800-GE-CARES (800-432-2737)

We provide expert repair service, scheduled at a time that's convenient for you.

Our factory-trained technicians know your appliance inside and out—so most repairs can be handled in just one visit.

For Customers With Special Needs

800.626.2000

800-TDD-GEAC (800-833-4322)

GE offers a brochure to assist in planning a barrier-free kitchen for persons with limited mobility.

Service Contracts

800-626-2224

With a multiple-year service contract, you're assured of future service at today's prices.

Parts and Accessories

800-626-2002

Individuals qualified to service their own appliances can have parts or accessories sent directly to their home. (VISA, MasterCard and Discover cards are accepted.)

Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.

Further Service

If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

First, contact the people who serviced your appliance. Explain why you are not pleased.

Next, if you are still not pleased, write all the details—including your phone number—to:

Customer Relations
GE Appliances
Louisville, KY 40225

Finally, if your problem is still not resolved, write:

Major Appliance
Consumer Action Program
20 North Wacker Drive
Chicago, IL 60606

MICROWAVE OVEN WARRANTY

Staple sales slip or cancelled check here. Proof of original purchase date is needed to obtain service under warranty.

What Is Covered

LIMITED ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor to repair or replace *any part of the microwave oven* that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through the fifth year from the date of original purchase, we will provide, free of charge, a replacement *magnetron tube* if the magnetron tube fails because of a manufacturing defect. You pay for any service labor charges.

For each of the above warranties:
To avoid any trip charges, you must take the microwave oven to a General Electric Customer Care® servicer and pick it up following service. In-home service is also available, but you must pay for the service technician's travel costs to your home.

****

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Alaska, Hawaii and Washington, D.C.

All warranty service will be provided by our authorized Customer Care® servicers during normal working hours.

Should your appliance need service, during warranty period or beyond, call 800-GE-CARES (800-432-2737).

What Is Not Covered

Warrantor is not responsible for consequential damages.

- Service trips to your home to teach you how to use the product.

  Read your Owner's Manual. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

  GE Answer Center®
  800.626.2000
  consumer information service

- Improper installation.

  If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is misused, or used for other than the intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor : General Electric Company

If further help is needed concerning this warranty, write: Manager–Consumer Affairs, GE Appliances, Louisville, KY 40225

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